

BLUE STRIPE

KICKING TECHNIQUES

Front to Side Combination
Front Kick, Side Kick, Back Kick
Round House to Spinning Heel Kick
Front Thrust to Spinning Back Kick

THROWING TECHNIQUES

Drawing Ankle Throw
Rice Bale Throw with Choke / Spine Lock
Scissors (Front/Rear)
Stomach Throw (from head lock)
Spinning Body Drop
Valley Drop
Double Leg Takedown

SHOULDER THROW VARIATIONS

Half Shoulder Throw
Lapel Shoulder Throw
One Hand Shoulder Throw
Two Hand Shoulder Throw
Facing Arm Lock Shoulder Throw
Double Arm Entangled Shoulder Throw

LOCKS FROM THROWS

Single/Double Shoulder Lock Hold
Down
Double Arm Shoulder Seizure
Free Hands Shoulder Seizure
Reclining Entangled Wrist Lock
Leg Assisted Spine Lock (Full Nelson)
Entangled Wrist Lock pin with Leg Vise

DEFENCE TO FRONT BODY HOLD

- Head Turning Throw to Reverse Spine Lock
- Push and Pull Take Down
- Two Hand Balance Break, Hip Throw